



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15006, Fish, burbot, raw

Report Date: June 25, 2017 17:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 116g	3.0 oz 85g
Proximates						
Water	g	79.26	13	0.648	91.94	67.37
Energy	kcal	90	--	--	104	76
Energy	kJ	377	--	--	437	320
Protein	g	19.31	14	0.713	22.40	16.41
Total lipid (fat)	g	0.81	13	0.059	0.94	0.69
Ash	g	1.16	12	0.075	1.35	0.99
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	50	1	--	58	42
Iron, Fe	mg	0.90	1	--	1.04	0.77
Magnesium, Mg	mg	32	2	--	37	27
Phosphorus, P	mg	200	1	--	232	170
Potassium, K	mg	404	2	--	469	343
Sodium, Na	mg	97	2	--	113	82
Zinc, Zn	mg	0.76	2	--	0.88	0.65
Copper, Cu	mg	0.200	1	--	0.232	0.170
Manganese, Mn	mg	0.700	1	--	0.812	0.595
Selenium, Se	µg	12.6	--	--	14.6	10.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.372	--	--	0.432	0.316

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 116g	3.0 oz 85g
Riboflavin	mg	0.141	--	--	0.164	0.120
Niacin	mg	1.620	--	--	1.879	1.377
Pantothenic acid	mg	0.150	--	--	0.174	0.128
Vitamin B-6	mg	0.300	--	--	0.348	0.255
Folate, total	µg	1	--	--	1	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	1	1
Folate, DFE	µg	1	--	--	1	1
Vitamin B-12	µg	0.80	--	--	0.93	0.68
Vitamin A, RAE	µg	5	--	--	6	4
Retinol	µg	5	--	--	6	4
Vitamin A, IU	IU	15	--	--	17	13
Lipids						
Fatty acids, total saturated	g	0.163	--	--	0.189	0.139
14:0	g	0.006	1	--	0.007	0.005
16:0	g	0.120	7	0.002	0.139	0.102
18:0	g	0.037	7	0.002	0.043	0.031
Fatty acids, total monounsaturated	g	0.133	--	--	0.154	0.113
16:1 undifferentiated	g	0.026	7	0.004	0.030	0.022
18:1 undifferentiated	g	0.098	7	0.002	0.114	0.083
20:1	g	0.006	1	--	0.007	0.005
22:1 undifferentiated	g	0.003	1	--	0.003	0.003
Fatty acids, total polyunsaturated	g	0.297	--	--	0.345	0.252
18:2 undifferentiated	g	0.009	7	0.003	0.010	0.008
20:4 undifferentiated	g	0.096	6	0.005	0.111	0.082
20:5 n-3 (EPA)	g	0.070	7	0.004	0.081	0.060
22:5 n-3 (DPA)	g	0.026	6	0.001	0.030	0.022
22:6 n-3 (DHA)	g	0.096	7	0.010	0.111	0.082
Cholesterol	mg	60	2	--	70	51
Amino Acids						
Tryptophan	g	0.216	--	--	0.251	0.184
Threonine	g	0.847	--	--	0.983	0.720
Isoleucine	g	0.890	--	--	1.032	0.757

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 116g	3.0 oz 85g
Leucine	g	1.570	--	--	1.821	1.335
Lysine	g	1.774	--	--	2.058	1.508
Methionine	g	0.572	--	--	0.664	0.486
Cystine	g	0.207	--	--	0.240	0.176
Phenylalanine	g	0.754	--	--	0.875	0.641
Tyrosine	g	0.652	--	--	0.756	0.554
Valine	g	0.995	--	--	1.154	0.846
Arginine	g	1.156	--	--	1.341	0.983
Histidine	g	0.569	--	--	0.660	0.484
Alanine	g	1.168	--	--	1.355	0.993
Aspartic acid	g	1.978	--	--	2.294	1.681
Glutamic acid	g	2.883	--	--	3.344	2.451
Glycine	g	0.927	--	--	1.075	0.788
Proline	g	0.683	--	--	0.792	0.581
Serine	g	0.788	--	--	0.914	0.670
Other						